



NEUROTRANSMITTER

NUTRIENTS NEEDED

Serotonin

Tryptophan, Iron

Dopamine

Phenylalanine, Iron, B6

Melatonin

Tryptophan, Iron, B6,
B9, Zinc, Magnesium

Epinephrine

Phenylalanine, Iron, B6,
Copper, Magnesium

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Nutrition And Neurotransmitters

Robin B. Kanarek



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